



Oct. 1942

THE



COLUMN

October 1942

SCHOOL HEALTH. Recent studies of the health of selectees made by the United States Public Health Service show convincing evidence to the fact that undiscovered and uncorrected defects in school children are largely responsible for the present rejects for military service. This fact alone, and not physical "softness" as some would have us believe, should be the basis for shaping the contents of a program of health and physical education during the present emergency. Physical fitness programs without medical supervision may cause irreparable harm to children by persons inadequately prepared to understand the functions of the apparently normal human mechanism. Physical education should be recognized for what it does and not for what it claims. We are prone to believe that American children are healthy because we have the lowest mortality and morbidity rates yet recorded. The defects of school children, as shown by school health examinations, show very clearly that children have not been given adequate medical

care in the past. Findings and corrections of remedial defects, proper nutrition, protection against diseases and inculcation of good health habits are essential to the health of our future citizen.

The present emergency demands more than ever for the maintenance of adequate programs of health service and health instruction in the schools. The active cooperation and participation of school teachers in the school health program is absolutely essential for its success. Health instruction, health service and medical care are of increasing importance and present conditions which demand that the teacher must inevitably assume increased responsibility together with school physicians and nurses in carrying out the work to be done. DR. E. E. BERG

CUMULATIVE RECORD CARDS. At the termination of your school last May, your permanent record cards were sent to our office and the grades transferred to our files--some of them were complete, others weren't. It is imperative that every bit of information asked for on the card be filled in completely and correctly, as reference is made to them innumerable. Please do not fail to do this.

OREGON TRAIL. 1942 is the year to commemorate the 100th anniversary of the blazing of the Oregon Trail. Mr. E. H. Whitney, Chairman Education Committee Oregon Council is preparing a final form of program to be used. His address is 049 S. W. Porter Street, Portland.

"The Oregon Trail and Pioneer Life presents a challenging and interesting study to the Oregon boys and girls, because the winning of the West represents one of the greatest achievements in the history of any people. The general aim is to extend to the children experiences and information that all enable them to think intelligently about pioneer life and to understand the hardships of the early Oregon pioneers. The rest should be a deeper appreciation and love for our Oregon State."

"Reputation is what you have when you come to a new community. Character is what you have when you go away." DR. E. E. BERG, County Health Doctor

4-H CLUB. This is the time of year that we are finishing up our 1942 4-H projects and looking forward to our 1943 program.

The war hasn't changed the basic part of our program very much. We are going ahead stressing the most important projects and urging that a better job be done. To a large extent all of our 4-H club projects were contributing to the war effort this year. There were 275 boys and girls enrolled in the health improvement contest, 160 in victory garden work, 60 in food preservation, 60 in dairy production, 35 in poultry, 8 in beef and 8 in sheep.

These were all in direct relation to the war effort. There were nearly 300 in cooking and sewing and surely that type of work is just as important or more important than it has ever been.

The state civilian defense council has urged that all youth activity organizations continue to operate and increase participation so that boys and girls, whose parents are much busier and often away from home most of the day, will have some guidance during their leisure hours. Through the county youth activities committee a survey is to be made in cooperation with the schools to determine what type of youth work is needed and desired.

A county-wide health improvement contest is being conducted again through the 4-H club program and Dr. E. E. Berg. 4-H Summer School awards are being offered as prizes to clubs that make the most improvement, from the time they are given their first examination this fall until their final examination next spring.

In order to complete in this contest all clubs must be organized by November 7. Seaside has the first health club organized for this year's contest. Mrs. Ann D. Grimes is the leader. Thirteen schools used this method of teaching health last year and were well pleased. Nearly all of those competing have signified their intention to enter

this contest again.

With transportation somewhat curtailed, we may not visit your school regarding 4-H club work as often or as soon as you expect us. We still have transportation available, however, and will be more than pleased to come to your community and help with any phase of the 4-H program. We are available at your request. DON JOSSY, 4-H Club Leader, Postoffice Building, Astoria.

TEXTBOOKS TO ADOPT IN NOVEMBER. "In November of this year the State Textbook Commission will adopt new textbooks in the following areas: social studies, grades one to twelve inclusive; biology; physics; advanced mathematics for the twelfth grade; and homemaking. Textbooks which are adopted this year will be used in the schools of the state beginning in the fall of 1943.

Immediately following adoption of textbooks, committees will be appointed to prepare new courses of study in the areas concerned. These courses of study should be completed in time for distribution before schools open in September, 1943.

The courses of biology and physics will be combined, together with the present tentative course in applied physical science and a course to be prepared for chemistry, into a complete course of study for high school science. The material for advanced mathematics will become a part of a complete course of study for high school mathematics. Additional units to be included in this course will be general mathematics (ninth grade), algebra (tenth grade), geometry (eleventh grade), and advanced social mathematics (twelfth grade).

The new courses of study for social studies and homemaking will replace completely the present courses in those areas." Rex Putnam, Supt. Public Instruction

NEW COURSES OF STUDY READY FOR FALL USE. New courses of study in Health Instruction and Physical Education will be ready for distribution soon. The health instruction manual will show how health instruction may be correlated with instruction in other areas of school curriculum.

SURPLUS COMMODITIES. "Numbered among the many problems which will face you as the new school semester opens this Fall, undoubtedly will be the answer to the question of continued availability of Federally-donated food commodities for the Community School Lunch Program.

Anticipating this apprehension of interested groups in your community we are in a position now to inform you authoritatively that no one need have concern over the Department of Agriculture's contribution to the program. For your information, there will be readily available all during the school year steady supplies of highly usable commodities including such items as evaporated milk, one or more other dairy products. Commodity requisition lists, repared by the Oregon State Welfare Commission, will be mailed as usual, and distribution of commodities from state warehouses will also continue. Necessary, however, is the execution of a new application for commodities form."

Please get in touch with the Public Welfare Office, First National Bank Building, Astoria, and receive the necessary blanks and information.

COMMODITIES AVAILABLE

OCTOBER

Grape fruit juice, lard, corn meal, salt pork, dried pinto beans, white flour, dried prunes, canned pork and beans, evaporated milk, dehydrated soup and American cheese.

make

We sincerely hope that our schools will/available to the pupils, this splendid opportunity.

FIRST AID. Some time ago a questionnaire was sent you asking for a survey and the necessity of bringing your first aid equipment up to standard requirements.

Be sure this is filled in properly and returned to our office--many have failed to do so. DAILY PROGRAMS AND HOT LUNCH QUESTIONNAIRE MUST ALSO BE SENT TO OUR OFFICE.

JUNIOR RED CROSS. A message from the President. "Twenty-five years ago on September 15, President Woodrow Wilson announced the formation by the American Red Cross of a junior membership organization with school activities. In this message, he commended the new organization to school officials and teachers and invited the boys and girls of the nation to help meet the great needs of our nation at war, through the American Junior Red Cross. Ever since those days, the membership of the American Junior Red Cross has continued to serve. It has been an active organization, working in the schools under the guidance of the teachers and devoting itself to outstanding local, national and international service.

As President of the United States and as President of the American Red Cross, I commend the American Junior Red Cross for so aptly justifying the faith of those who were its founders twenty-five years ago. I am confident that the future achievements of the organization will be ever increased. The needs of our nation at war are great. The American Junior Red Cross, because it has already proved its ability, can be counted on to assist greatly toward meeting those needs."

"Enrollment for Service" campaign will be held nationally between November 1st and 15th. All re-enrollment and new enrollment between now and December 31, 1942 will establish membership for the calendar year 1943. The mailing of the magazines to schools not now enrolled, but which enroll between now and December 31, will not begin until January first, but schools desiring the fall numbers may purchase them at the rate of ten cents per copy per month for the News and fifteen cents per copy per month for the Journal.

Blanks will be sent to you in the near future and we hope our schools will recognized the warranted needs of the times, and enroll the pupils in this significant contribution to the welfare of the men and women of the armed forces as well as to the civilian health, safety, and morale of their own community.

RED CROSS KIT BAG We have pledged the schools of the county for 75 of these kits. Instructions have been sent you and we hope that you are working on this project.

WE NEED COURAGE. Taken from the OSTA Journal. "It is less than one short year since the introductory statement of this page was made in the first 1941 issue of the Oregon Education Journal. In that time the terrible scourge of war has enveloped our great nation, and pupils, teachers, and administrators have done their full duty in keeping impregnable the educational front in the face of surmounting difficulties.

We must continue to keep our lines intact in spite of conditions which at times border on the impossible. Facilities will be strained to the limit. New activities, constant adjustments to new conditions and requirements, courage in overcoming dark uncertainties at times, and the indomitable will to leave nothing undone to help bring about victory must be our guiding stars. At the same time the fullest possible protection to the long-range educational privileges of the boys and girls must be given. I am confident that the loyalty, ingenuity, and industry of Oregon teachers and administrators will meet this twofold problem with the greatest effectiveness. Rex Putnam, Supt. Public Instruction.

TESTING PROGRAM. The State Testing plan, as set forth by the County School Superintendents' Conference, has been mailed you.

A report must be made to our office as to the types given or to be given, results obtained and any other information necessary to the success of your program. This report must be in our office by Dec. 1.

TRUANCY. You should have a copy of the school census for last year; examine it closely and see that all under 16 who have not completed the eighth grade are enrolled. Any truancy case should be reported to Mrs. Rose Reith, Probation Officer, Court House, Astoria.

STAMPS AND BONDS: Last year the schools of the county bought some \$6,000 in defense stamps and bonds. Continue the good work this year. A report will be made to our office soon, blanks to be sent to you to be filled in.

CALENDAR

October 23 - Frances Willard Day
November 3 - Election Day
Nov. 8-14 - American Education Week
November 11 - Armistice Day

AMERICAN EDUCATION WEEK. The general theme of American Education Week this year is "Education for Free Men".

DAILY TOPICS

Sunday, November 8: Renewing Our Faith
Monday, November 9: Serving Wartime Needs
Tuesday, November 10: Building Strong Bodies
Wednesday, Nov. 11: Developing Loyal Citizens
Thursday, Nov. 12: Cultivating Knowledge and Skills
Friday, Nov. 13: Establishing Sturdy Character
Saturday, Nov. 14: Strengthening Morale for Victory

BUILDING CONGRESS. On Friday and Saturday, November 13 and 14, at the Astoria High School, Mr. S. L. Godard, an industrial arts instructor with years of experience in teaching this work, will bring to the teachers of the county, instruction in "Carpentry and Building Construction". Those teachers interested in this work should take advantage of this free service.

NATIONAL GEOGRAPHIC NEWS, issued weekly, may be had from the National Geographic Society, Washington, D. C. for 25¢.

PHYSICALLY HANDICAPPED CHILDREN. Blanks for the certification of physically handicapped children may be secured through our office.

